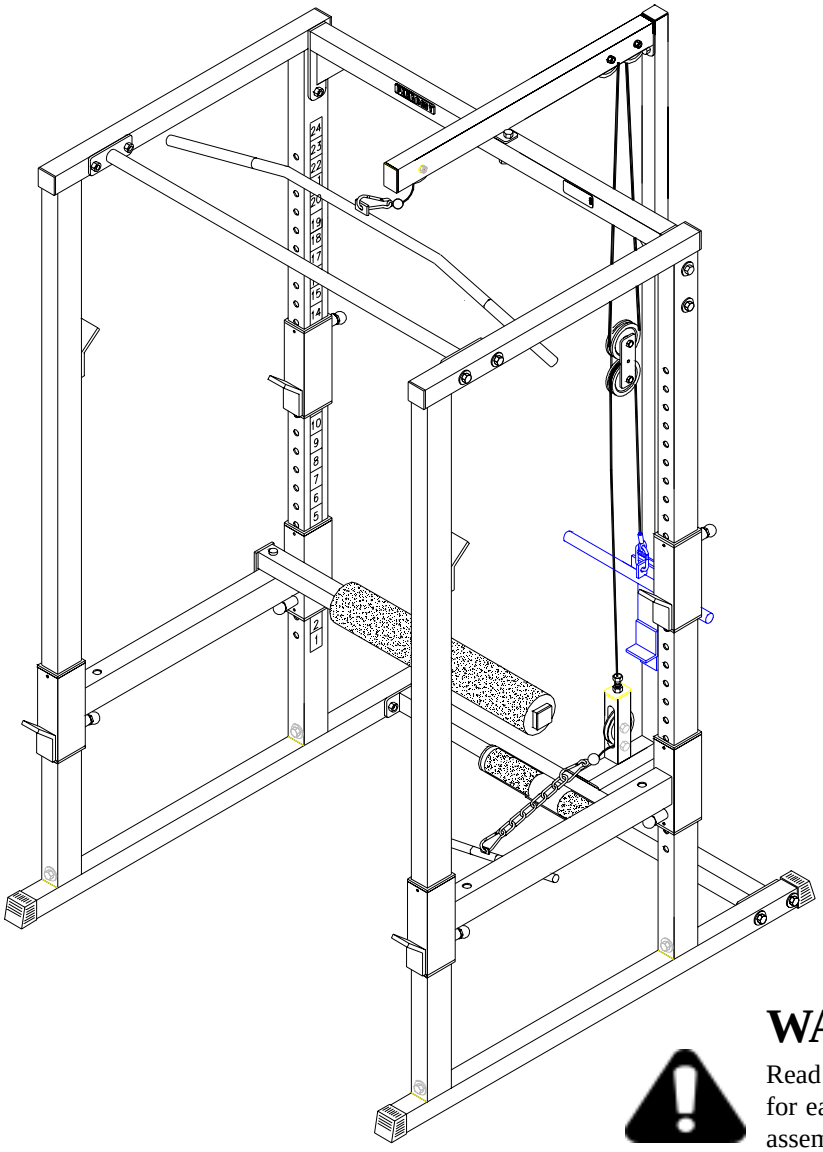
844 LAT OPTION



WARNING:

Read and follow all directions for each step to insure proper assembly of this product.

USER'S GUIDE

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IMPORTANT SAFETY INFORMATION

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES**!**

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.

2. Obtain a medical exam before beginning any exercise program.

3. Keep body and clothing free of all moving objects.

4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized ParaBody dealer.

6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer.

7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.

9. Children must not be allowed near this machine. Supervise teenagers.

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NOTE: In a continual effort to improve our products, specifications are subject to change

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IMPORTANT NOTES

Please note:

* Thank you for purchasing the ParaBody 844 Lat Option. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.

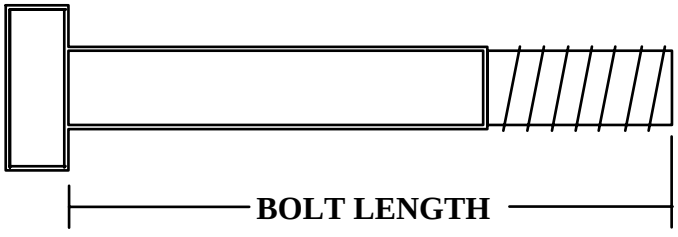
* This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

Tools Required for Assembly

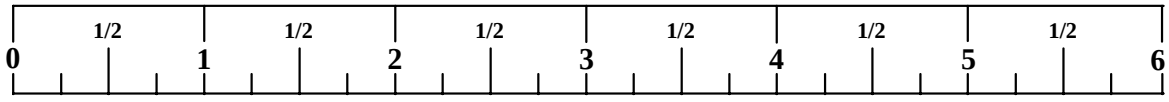
* 3/4” wrench
* 9/16” wrench
* Ratchet with 3/4” and 9/16” sockets
* Adjustable wrench
* Tape measure

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	LEA6608709	UPRIGHT	1	19	LEA3235213	3/8 X 3-1/4" BOLT	2
2	LEA6608509	TOP BOOM	1	20	LEA3114403	3/8" WASHER	10
3	LEA6274410	LOW ROW BAR	1	21	LEA3114702	3/8" LOCK NUT	11
4	LEA6275310	LAT BAR	1	22	LEA6480301	3/8" FLANGE SPACER	8
5	LEA6609010	LOW ROW ATTACHMENT	1	23	LEA3235311	1/2 X 2-3/4" BOLT	1
6	LEA6610410	KNEE SUPPORT	1	24	LEA3235312	1/2 X 3" BOLT	3
7	LEA6546310	CARRIAGE	1	25	LEA3114401	1/2" WASHER	4
8	LEA6609309	LOW PULLEY HOUSING	1	26	LEA3114701	1/2" LOCK NUT	2
9	LEA3116101	4-1/2" PULLEY	1	27	LEA6692601	3 X 2" END CAP	1
10	LEA3116201	3-1/2" PULLEY	5	28	LEA3119301	2-1/2" ROUND END CAP	2
11	LEA6610501	LAT CABLE	1	29	LEA6236701	1-3/4" SQ. END CAP	1
12	LEA6576201	LOW ROW CABLE	1	30	LEA3116001	1-1/4" SQ. RUBBER BUMPER	1
13	LEA6176201	ROLLER PAD	2	31	LEA6140701	1 X 1" GLIDE	8
14	LEA6542402	1-3/4" X 5-1/4" PLATE	2	32	LEA6177001	NON-SKID STRIP	2
15	LEA3103102	1 X 8" GRIP	4	33	LEA3103801	5/16" SNAP LINK	3
16	LEA3235208	3/8 X 2" BOLT	2	34	LEA3108102	1/4" QUICK DISCONNECT LNK	1
17	LEA3235211	3/8 X 2-3/4" BOLT	5	35	LEA6075906	12 LINK CHAIN	1
18	LEA3235212	3/8 X 3" BOLT	2				

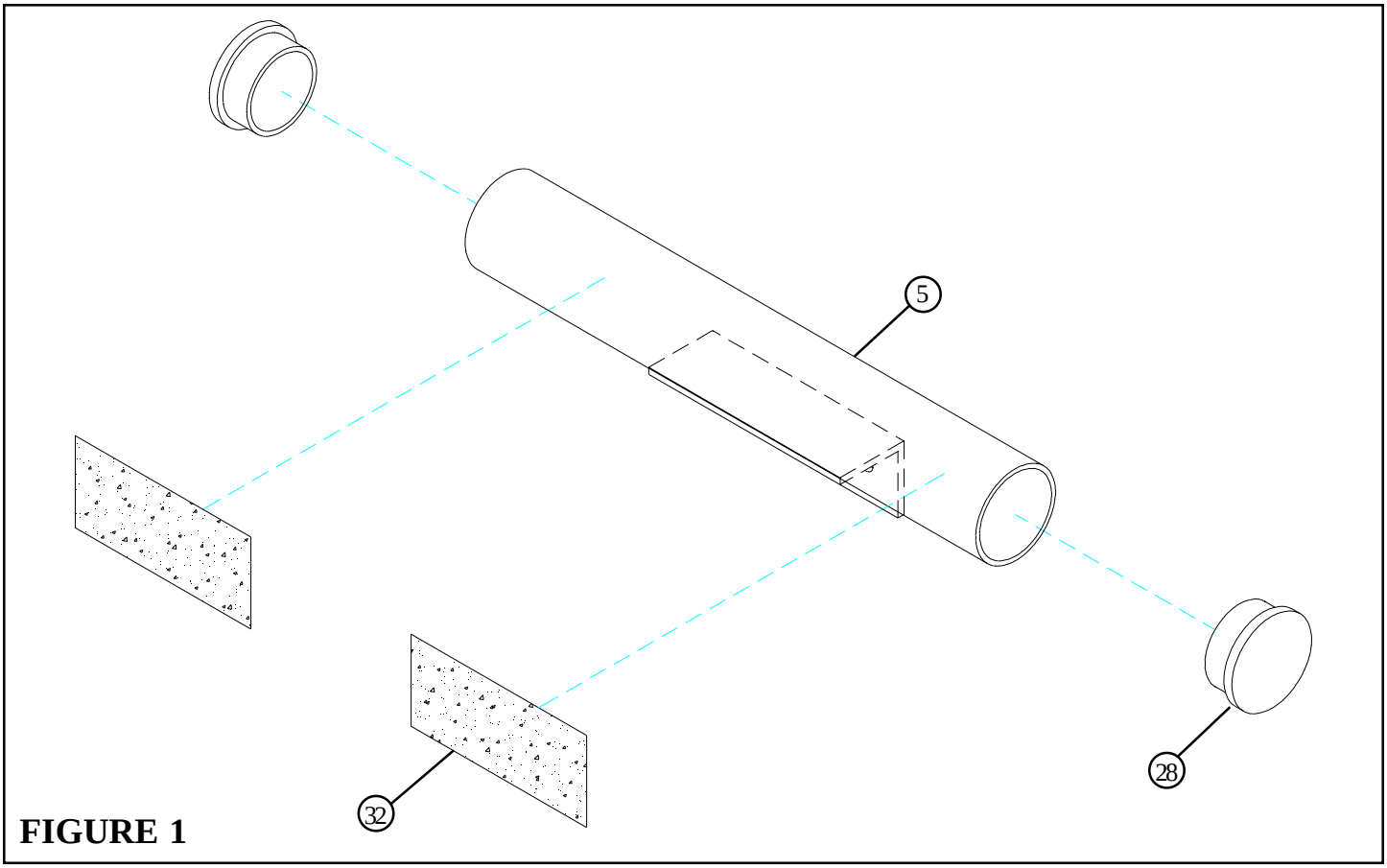


FIGURE 1

STEP 1:

- Insert two 2-1/2" ROUND END CAPS (28) to the LOW ROW ATTACHMENT (5) as shown in FIGURE 1.
- Attach two NON-SKID STRIPS (32) to the LOW ROW ATTACHMENT (5) as shown in FIGURE 1.

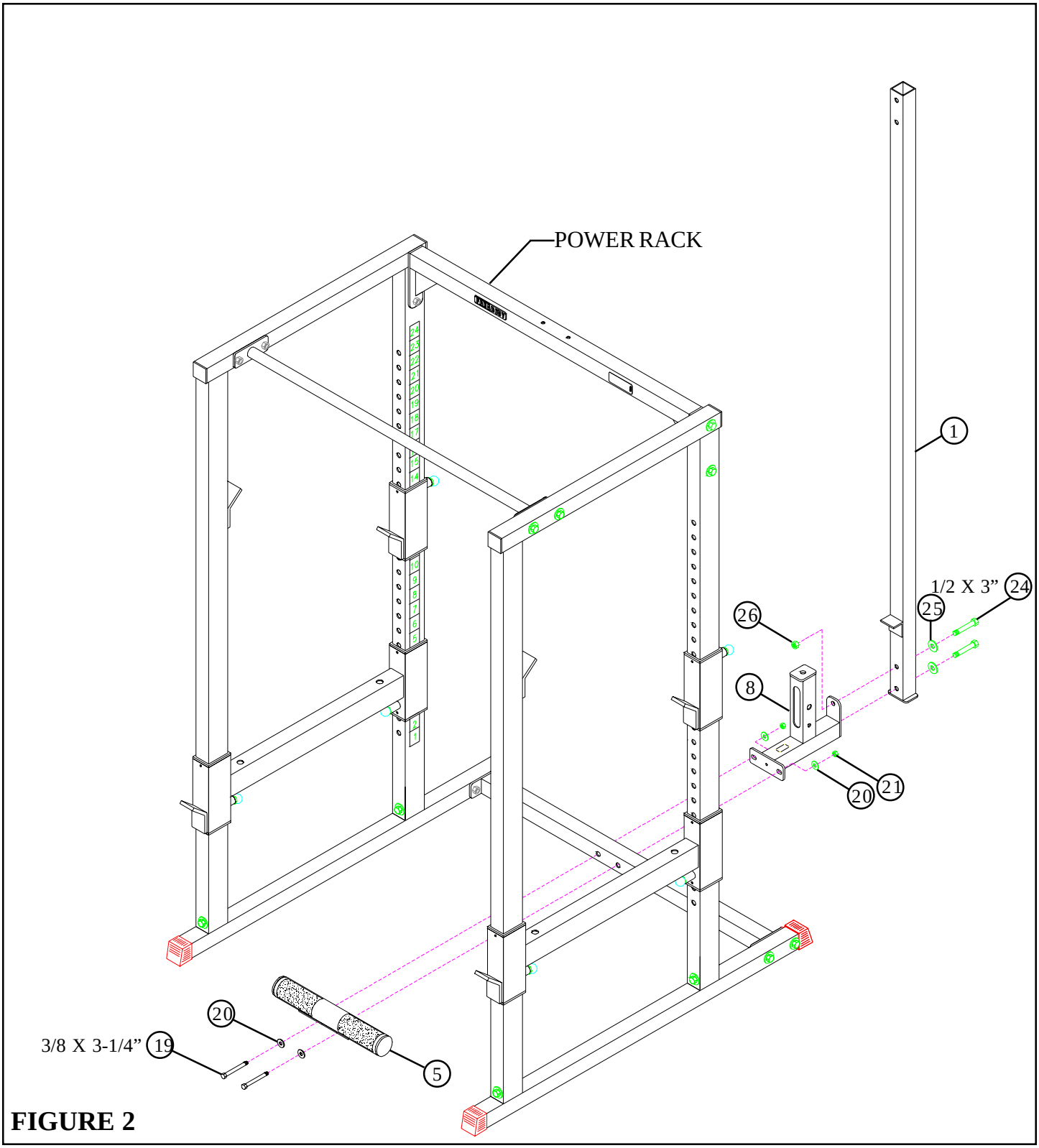
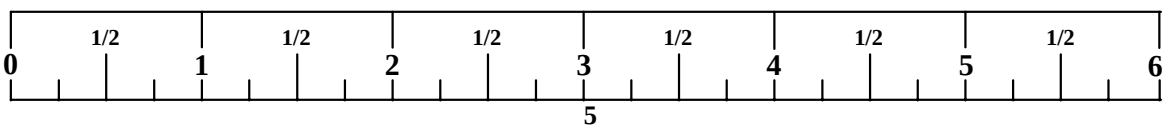


FIGURE 2

STEP 2:

- Assemble the LOW ROW ATTACHMENT (5) and the LOW PULLEY HOUSING (8) to the POWER RACK using two 3/8 X 3-1/4" BOLTS (19), four 3/8" WASHERS (20), and two 3/8" LOCK NUTS (21). See FIGURE 2.
- **SECURELY** assemble the UPRIGHT (1) to the LOW PULLEY HOUSING (8) using two 1/2 X 3" BOLTS (24), two 1/2" WASHERS (25), and one 1/2" LOCK NUTS (26). See FIGURE 2.



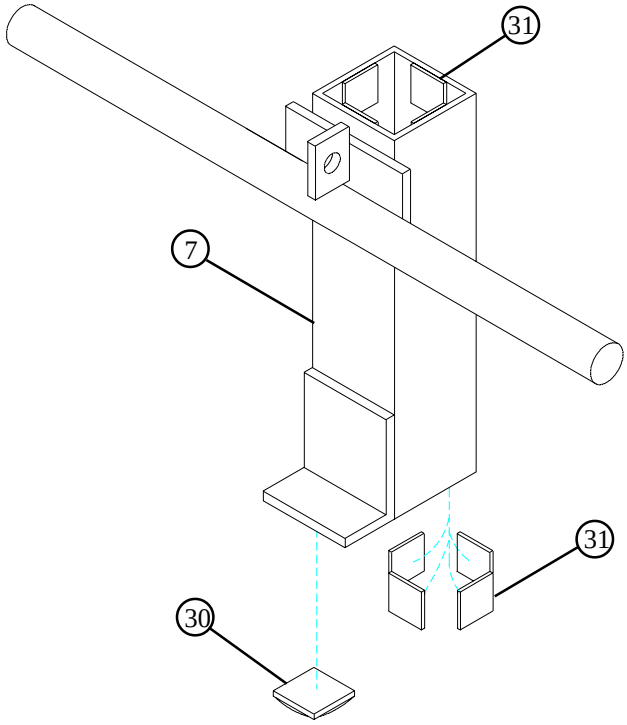


FIGURE 3

STEP 3:

- Apply eight 1” SQ. GLIDES (31) to the inside of the CARRIAGE (7) as shown in FIGURE 3.
- Attach one 1-1/4” SQ. RUBBER BUMPER (30) to the bottom of the CARRIAGE (7) as shown in FIGURE 3.

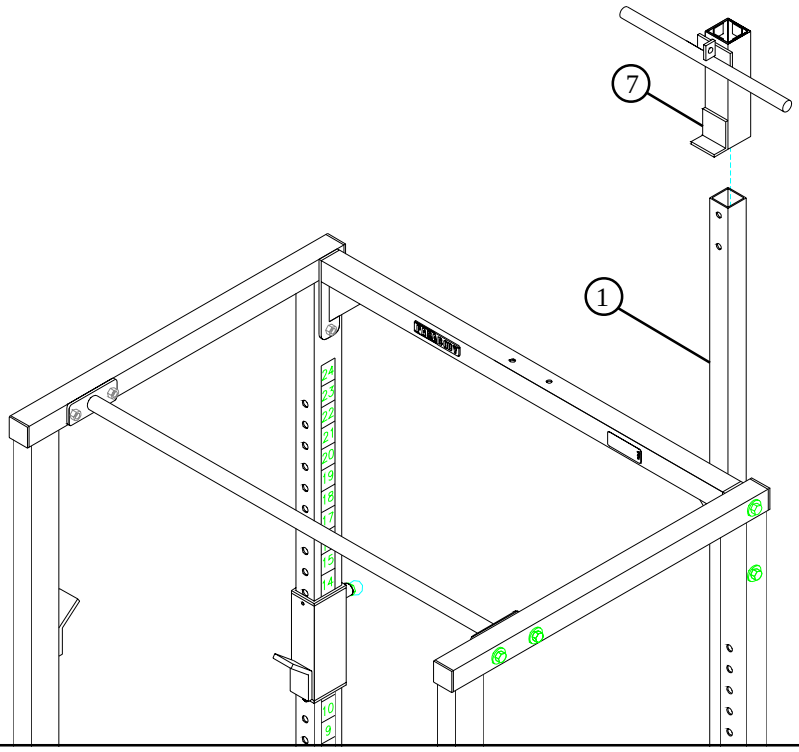
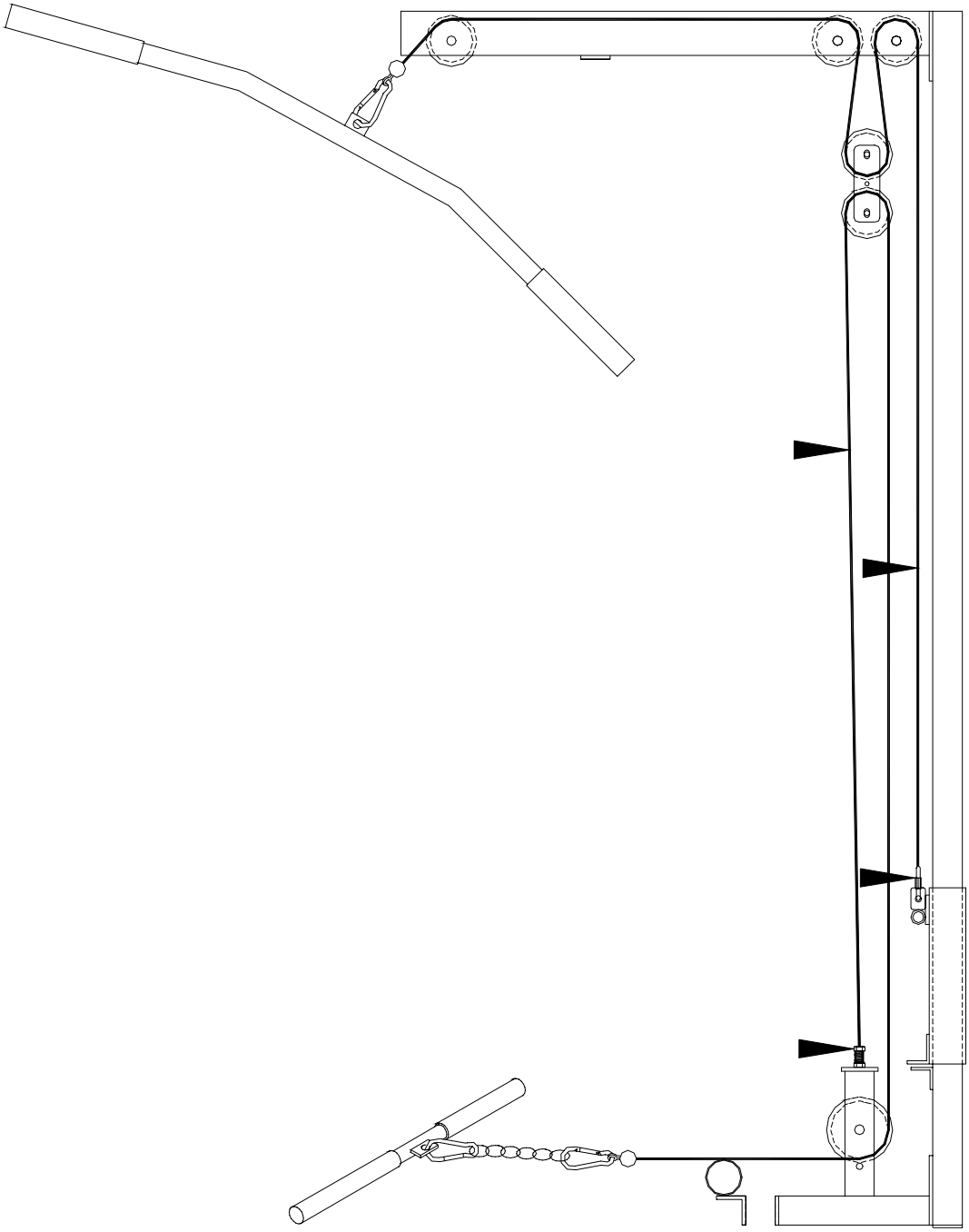


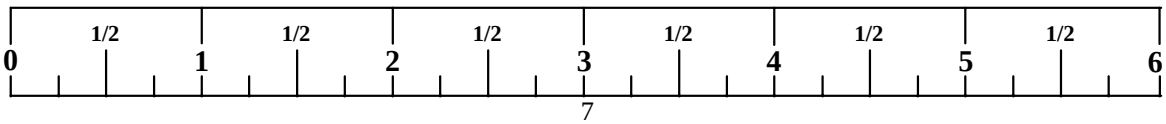
FIGURE 4

STEP 4:

- **CAREFULLY** slide the CARRIAGE (7) over the UPRIGHT (1) as shown in FIGURE 4.



CABLE DIAGRAM



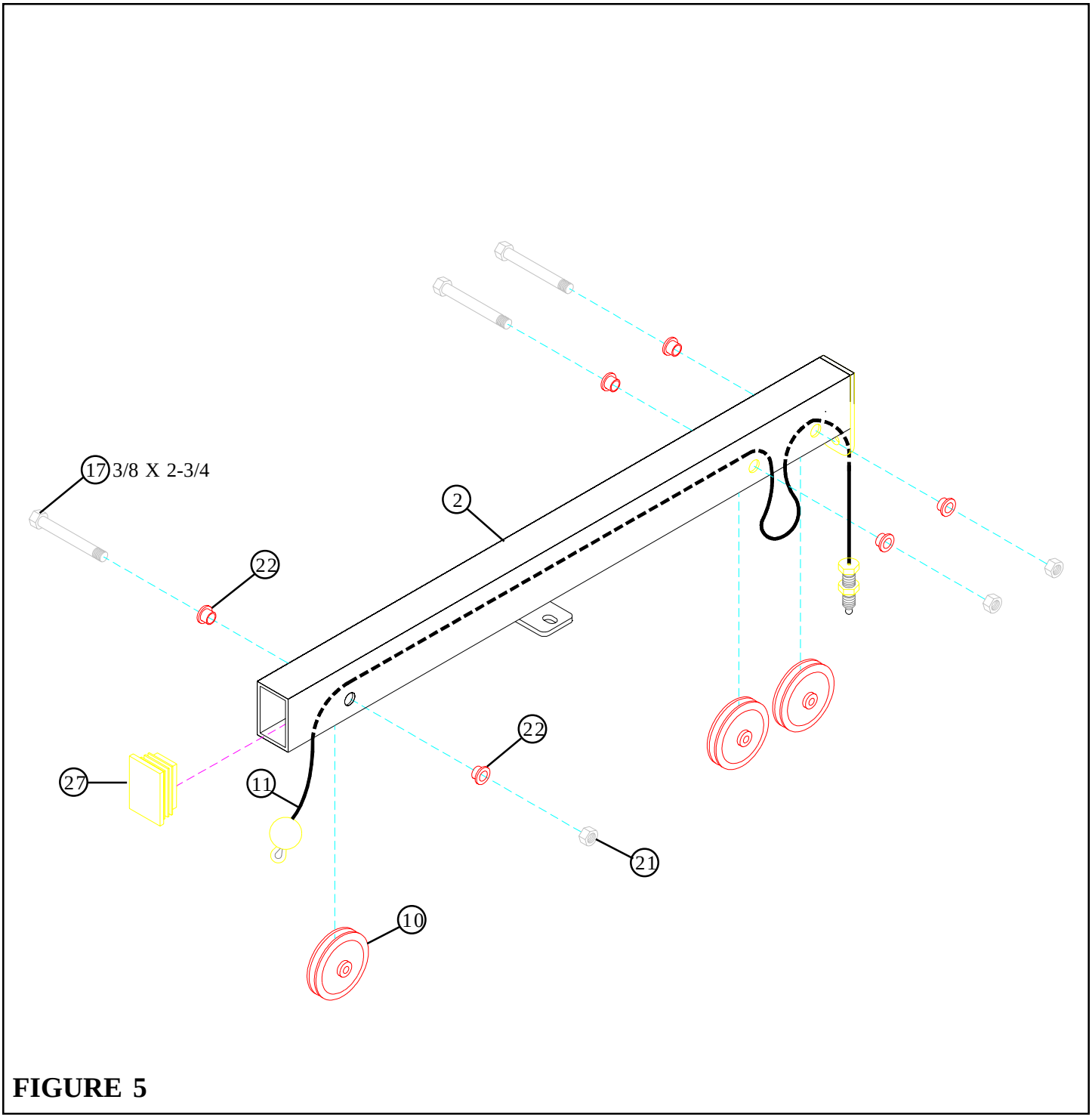
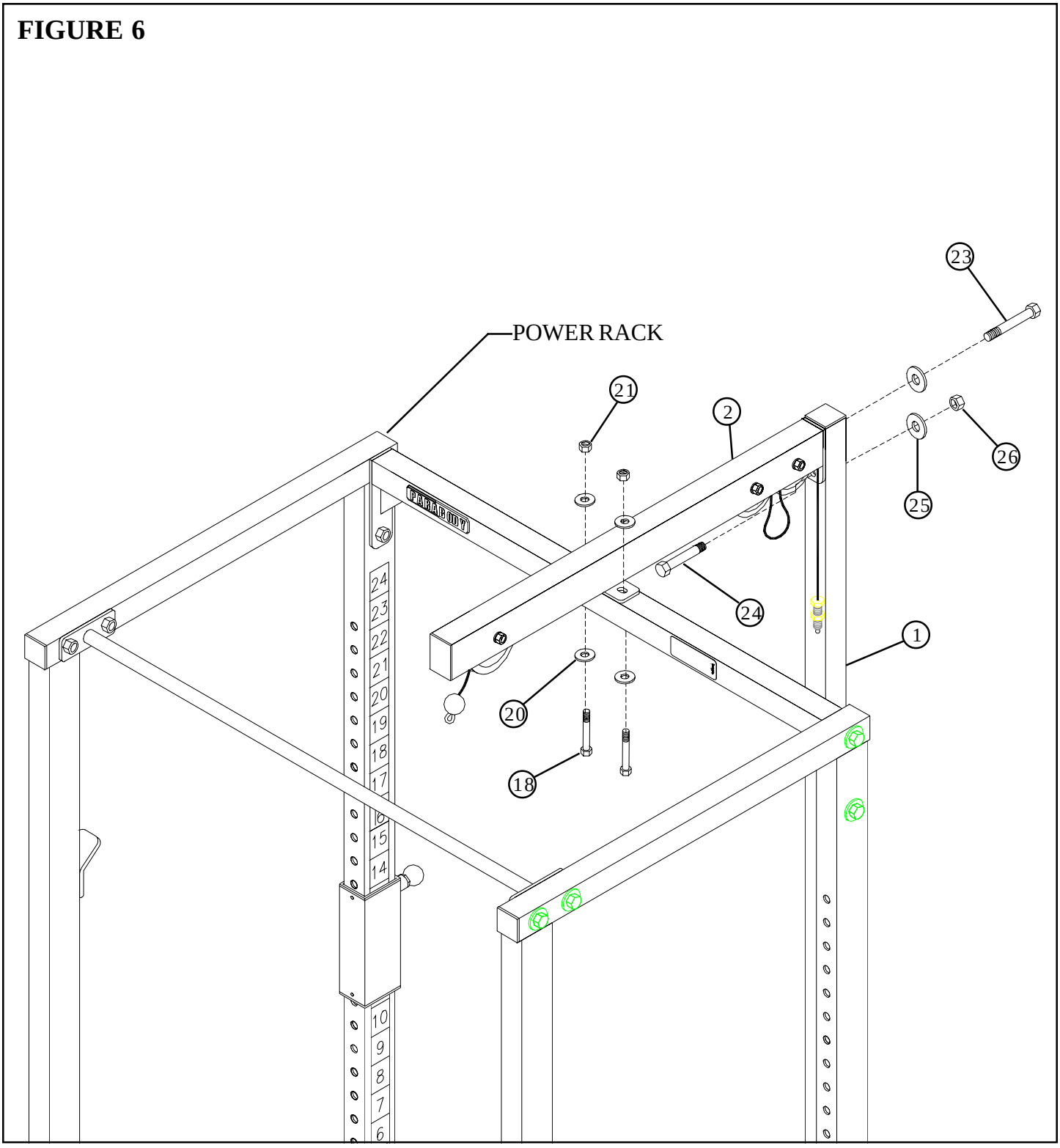


FIGURE 5

STEP 5:

- Insert one 2 X 3" END CAP (27) into the TOP BOOM (2) as shown in FIGURE 5.
- Route threaded end of the LAT CABLE (11) through the TOP BOOM (2) as shown in FIGURE 5.
- **SECURELY** assemble three 3-1/2" PULLEYS (10) to the TOP BOOM (2) using three 3/8 X 2-3/4" BOLTS (17), six 3/8" FLANGE SPACERS (22), and three 3/8" LOCK NUTS (21). See FIGURE 5. **(NOTE: BEFORE TIGHTENING, MAKE SURE CABLE (11) IS IN THE GROOVES OF THE PULLEYS.)**

FIGURE 6



STEP 6:

- **SECURELY** assemble the TOP BOOM (2) to the UPRIGHT (1) using one 1/2 X 2-3/4" BOLT (23), one 1/2 X 3" BOLT (24), two 1/2" WASHERS (25), and one 1/2" LOCK NUT (26). See FIGURE 6.
- **SECURELY** assemble the TOP BOOM (2) to the top of the POWER RACK using two 3/8 X 3" BOLTS (18), four 3/8" WASHERS (20), and two 3/8" LOCK NUTS (21). See FIGURE 6.

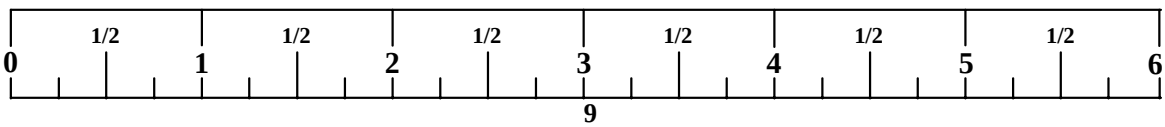
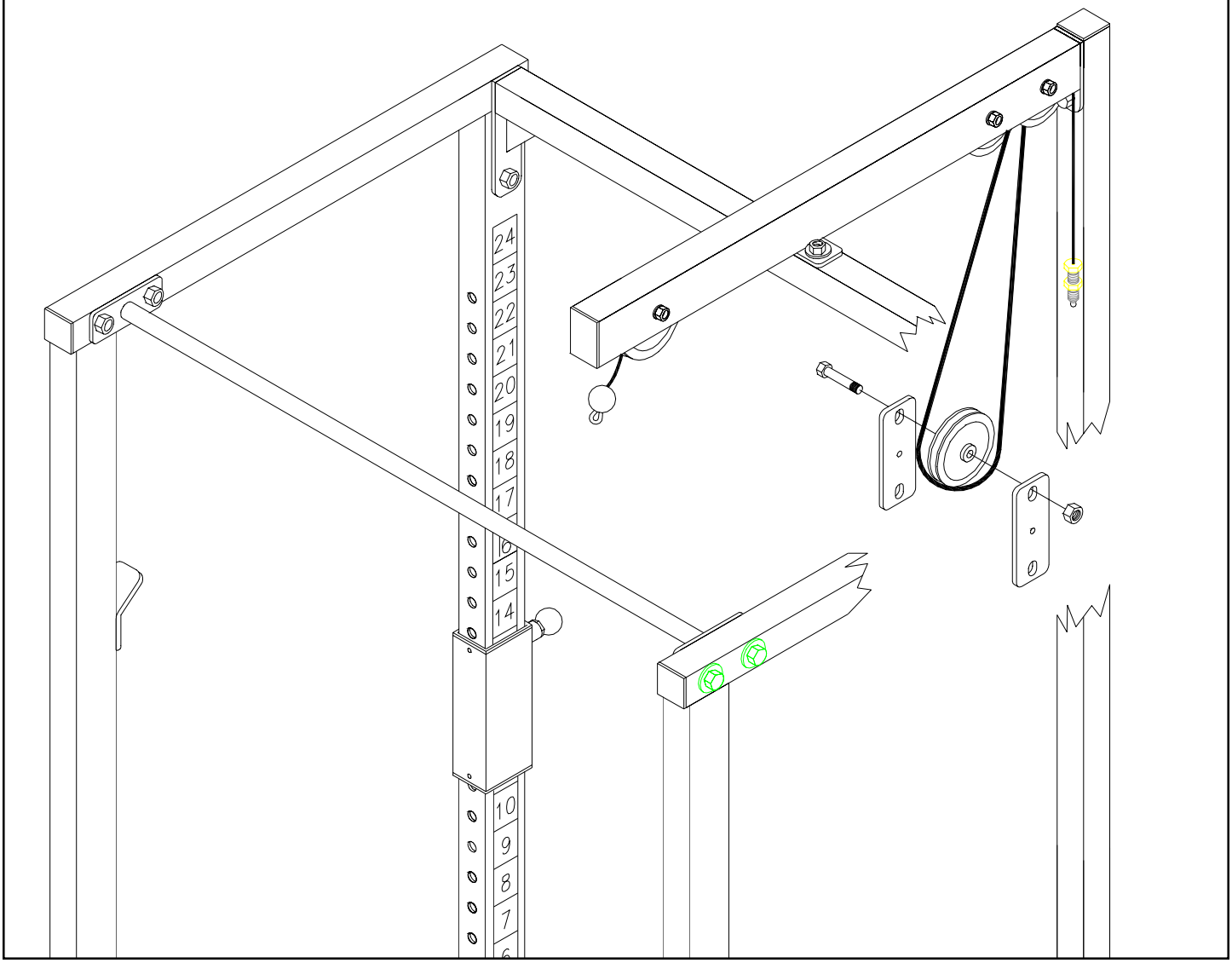


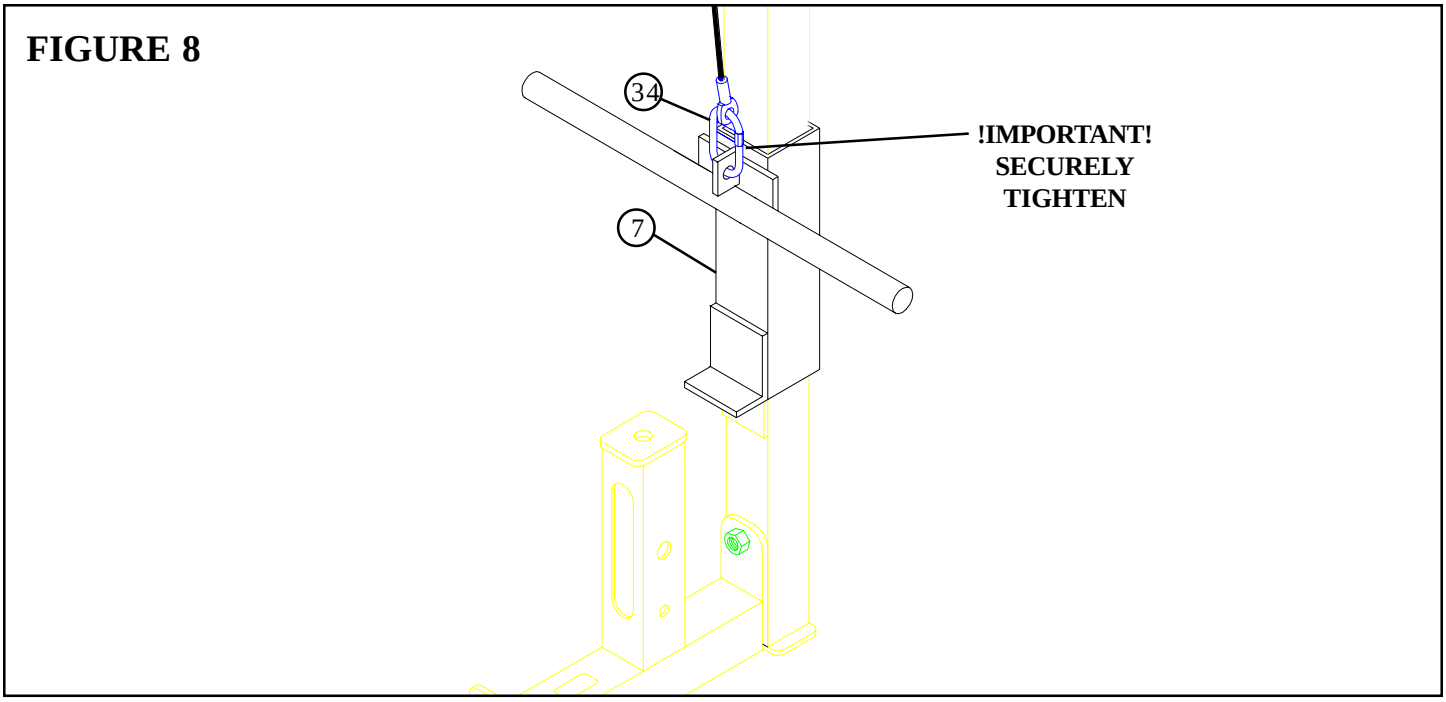
FIGURE 7



STEP 7:

- Loop the LAT CABLE (11) around one 3-1/2” PULLEY (10) as shown in FIGURE 7.
- **LOOSELY** assemble the 3-1/2” PULLEY (11) to the1-3/4 X 5-1/4” PLATES (14) using one 3/8 X 2” BOLT (16) and one 3/8” LOCK NUT (21). See FIGURE 7.

FIGURE 8



STEP 8:

- Attach the LAT CABLE (11) to the CARRIAGE (7) using one 1/4" QUICK LINK (34) as shown in FIGURE 8. **(IMPORTANT! Securely tighten QUICK LINK.)**

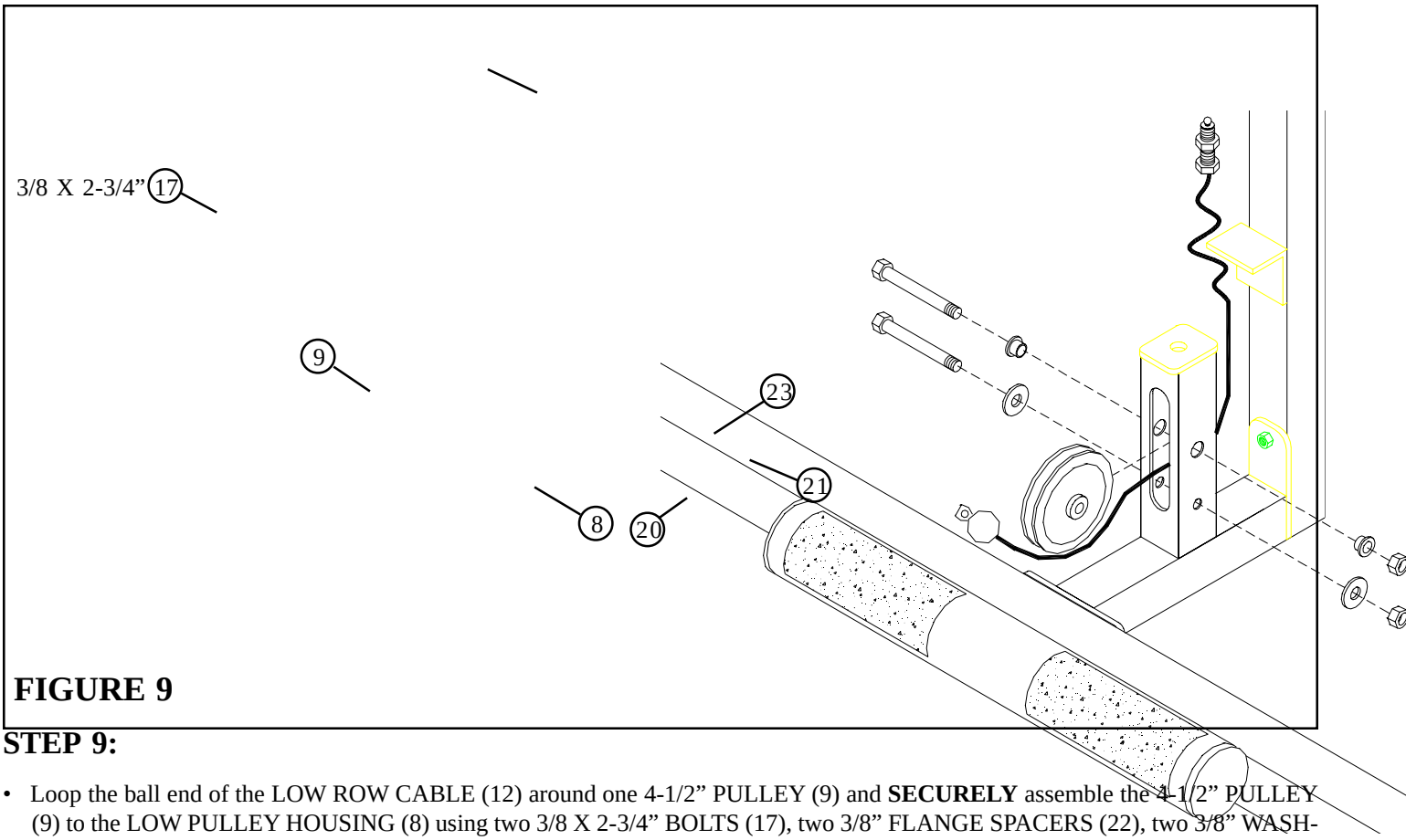


FIGURE 9

STEP 9:

- Loop the ball end of the LOW ROW CABLE (12) around one 4-1/2" PULLEY (9) and **SECURELY** assemble the 4-1/2" PULLEY (9) to the LOW PULLEY HOUSING (8) using two 3/8 X 2-3/4" BOLTS (17), two 3/8" FLANGE SPACERS (22), two 3/8" WASHERS (20), and two 3/8" LOCKNUTS (21). **(NOTE: Make sure CABLE is routed between the PULLEY and the retaining bolt as shown in FIGURE 9.)**

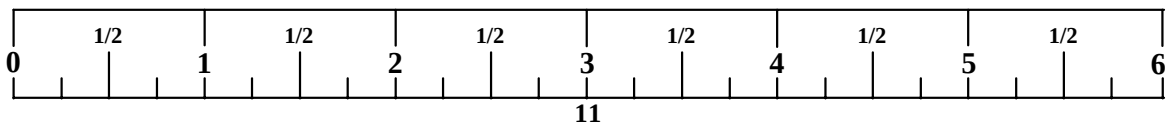
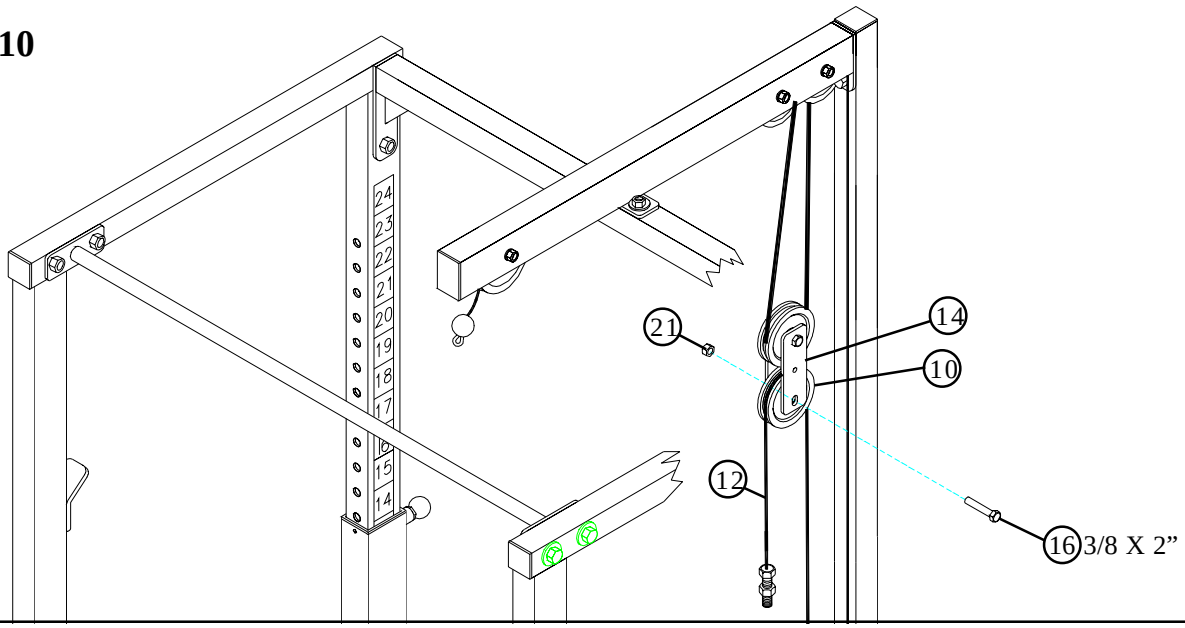


FIGURE 10



STEP 10:

- Loop the LOW ROW CABLE (12) around one 3-1/2” PULLEY (10) as shown in FIGURE 10.
- **LOOSELY** assemble the 3-1/2” PULLEY (10) to the 1-3/4 X 5-1/4” PLATES (14) using one 3/8 X 2” BOLT (16) and one 3/8” LOCK NUT (21). See FIGURE 10.
- **SECURELY** tighten the two 3/8 X 2” BOLTS (16) of the 1-3/4 X 5-1/4” PLATES (14).

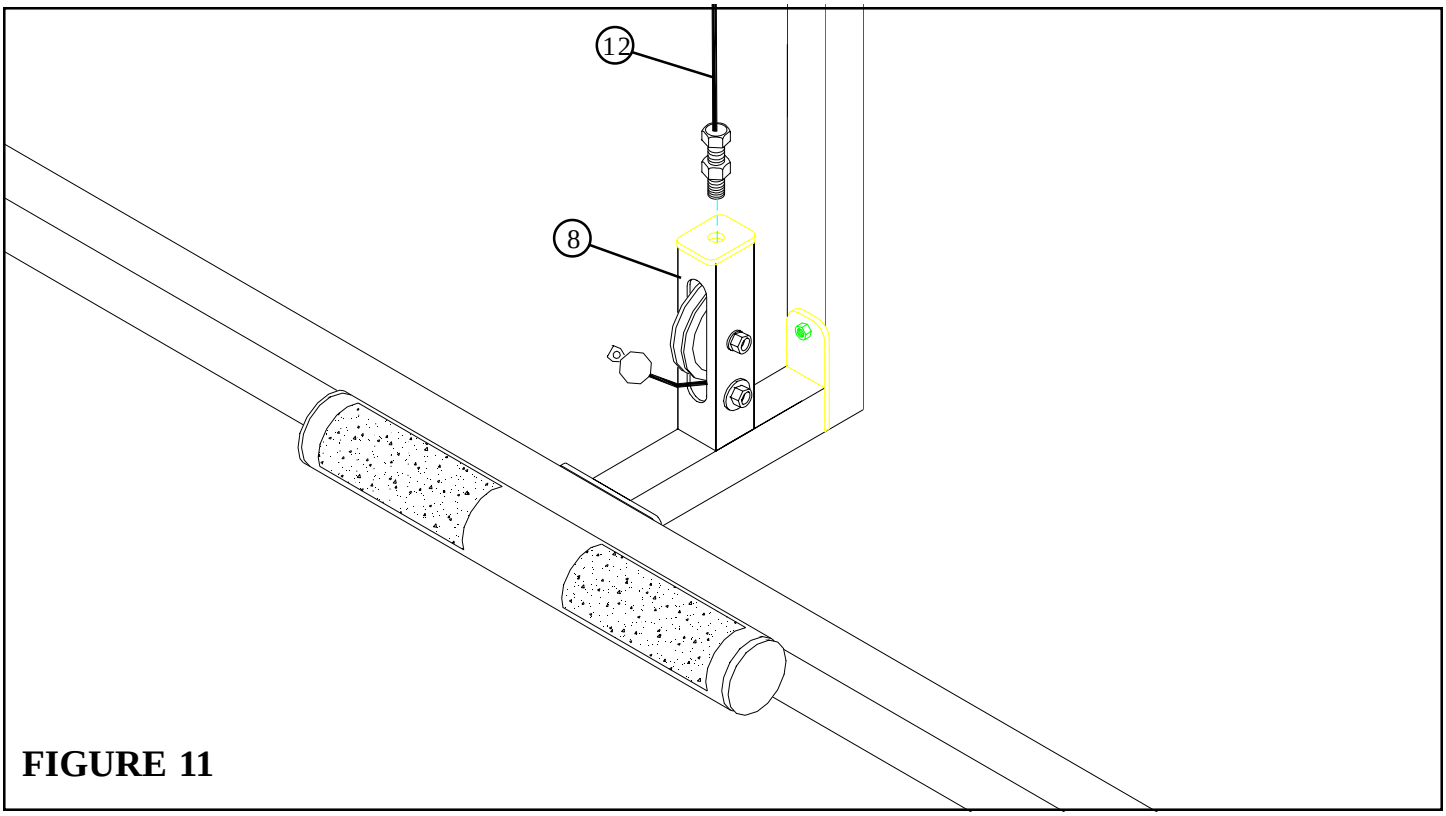


FIGURE 11

STEP 11:

- **SECURELY** thread the end of the LOW ROW CABLE (12) 3/4 of the way into into the threaded housing on the LOW PULLEY HOUSING (8) and **SECURELY** tighten jam nut.

STEP 12:

- Attach the LAT BAR (4) to the ball end of the LAT CABLE (11) using one SNAP LINK (33) as shown in FIGURE 12..
- Slide two 1 X 8” GRIPS (15) over the ends of the LAT BAR (4) as shown in FIGURE 12.

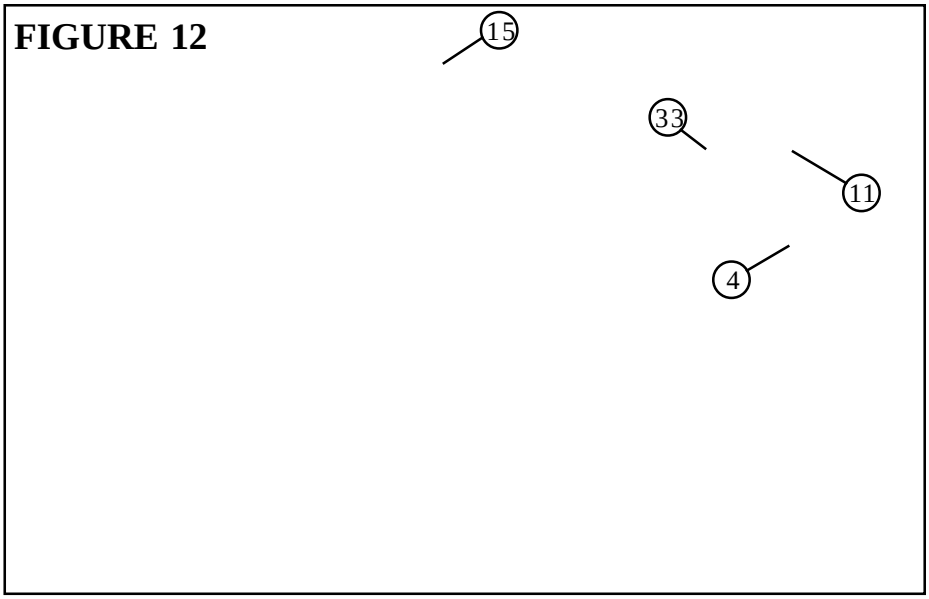


FIGURE 12

STEP 13:

- Attach the LOW ROW BAR (3) to the ball end of the LOW ROW CABLE (12) using two SNAP LINKS (33) and one 12 LINK CHAIN (35) as shown in FIGURE 13.
- Slide two 1 X 8” GRIPS (15) over the ends of the LOW ROW BAR (3) as shown in FIGURE 13.

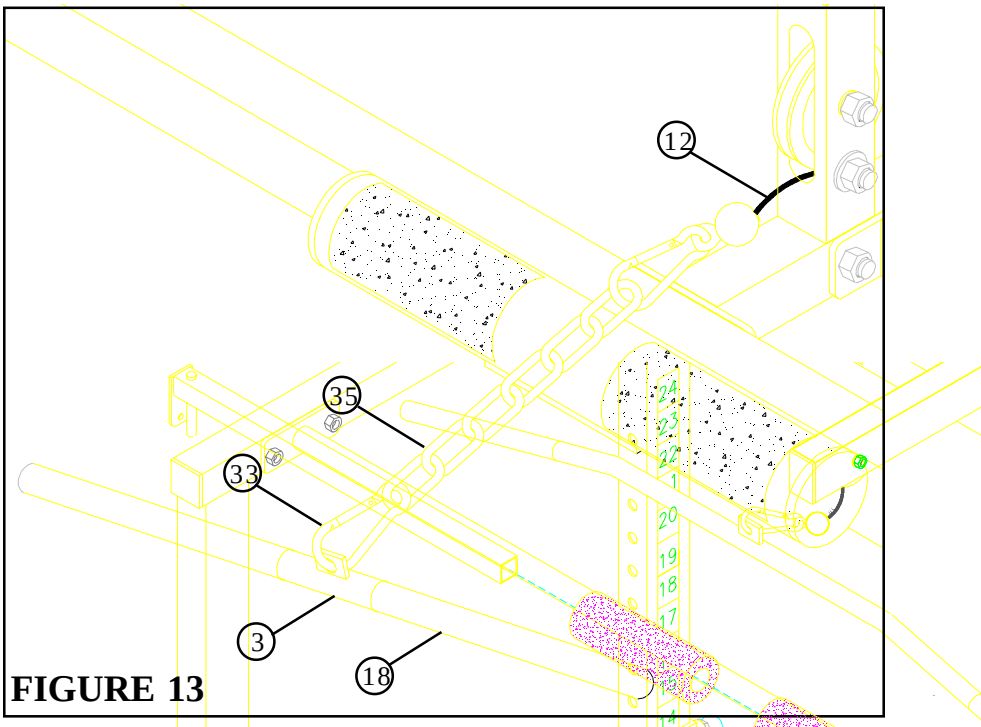


FIGURE 13

STEP 14:

- Slide two ROLLER PADS (13) onto the KNEE SUPPORT (6), then insert one 1-3/4” SQ. END CAP (29) into the end of the KNEE SUPPORT (6) as shown in FIGURE 14.

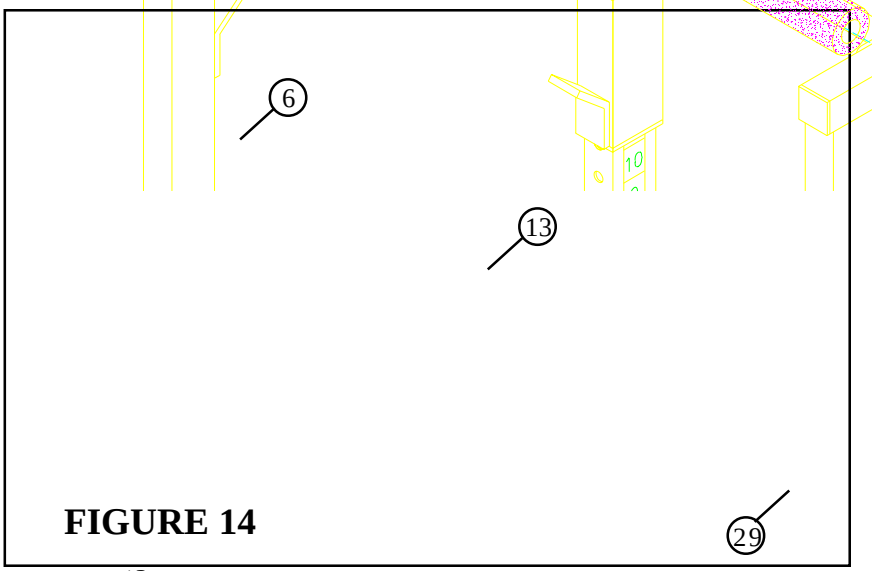
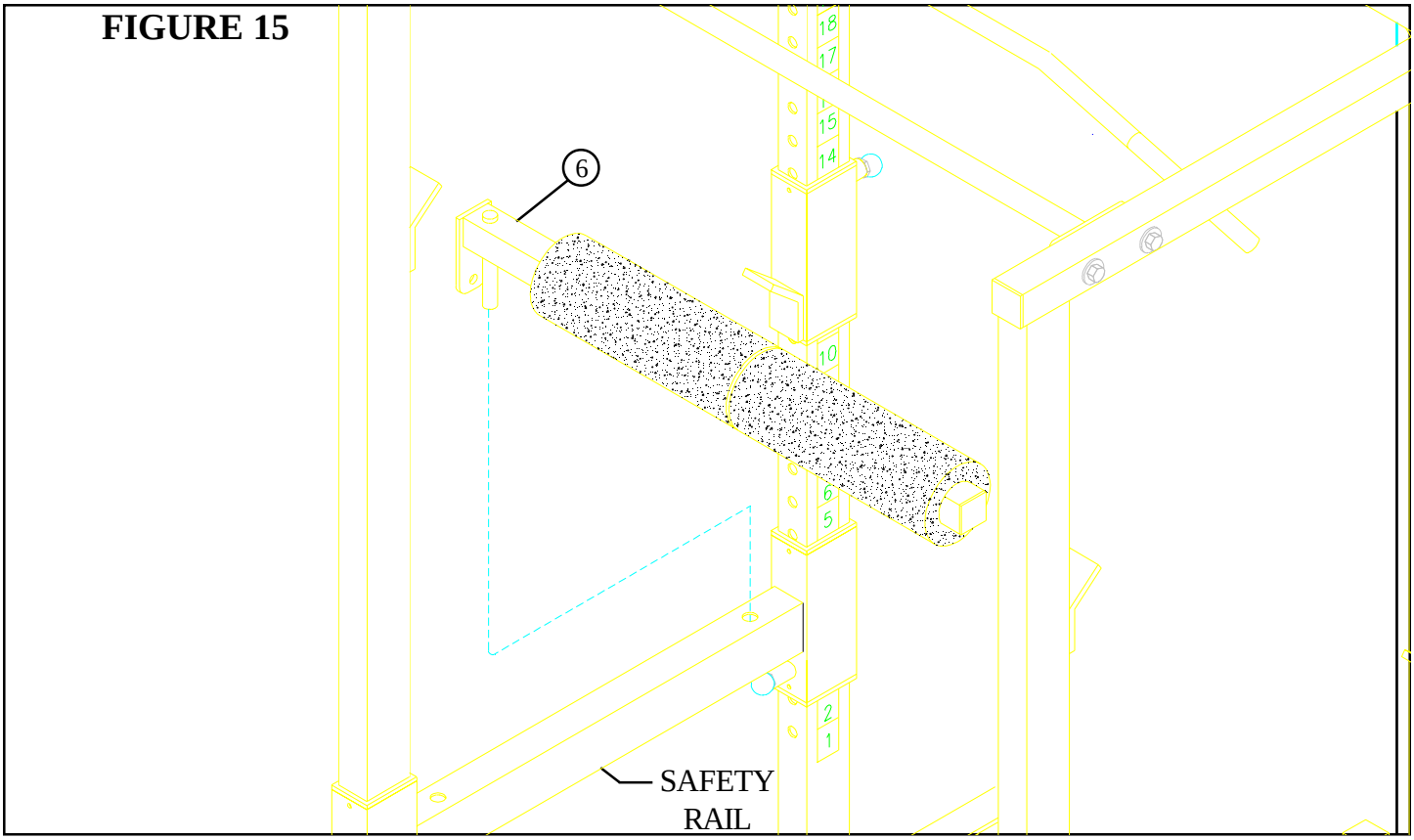


FIGURE 14

FIGURE 15



STEP 15:

- When performing the LAT PULL exercise, insert the KNEE SUPPORT (6) into the hole of the SAFETY RAIL as shown in FIGURE 15 and simply lower the SAFETY RAIL down until roller pads contact knees.

THIS CONCLUDES THE ASSEMBLY OF THE 844 LAT OPTION

MAINTENANCE

Please note:

* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your ParaBody customer service representative at (800) 328-9714.

* Inspect equipment daily. Tighten all loose connections are replace worn parts immediately. Failure to do so may result in serious injury

* Lubricate guide rods with a teflon based (or equivalent) lubricant on a regular basis

*** PLEASE RECORD THE INFORMATION REQUESTED BELOW. IN THE EVENT YOU MAY NEED SERVICE YOU WILL BE ASKED FOR THIS INFORMATION. REMEMBER TO FILL OUT YOUR WARRANTY REGISTRATION CARD AND MAIL BACK.**

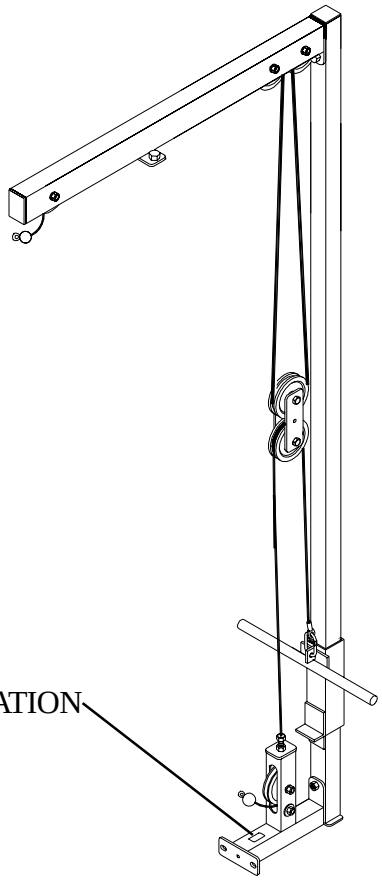
MODEL #_____

SERIAL #_____

DATE OF PURCHASE: _____

DEALERS NAME: _____

DEALERS PHONE #_____



Thank you for purchasing the ParaBody 844 Lat Option.

LIMITED WARRANTY

ParaBody extends the following LIMITED WARRANTY to the original owner of the ParaBody products. The Warranty terms apply to IN HOME USE ONLY.

1. LIMITED WARRANTY ON FRAME AND WELDS. If the frame of the ParaBody product or a weld should crack or break, it will be repaired or replaced by ParaBody. Terms: Lifetime – for so long as the Customer owns the ParaBody product.

2. LIMITED WARRANTY ON PARTS. If the following parts are defective in material or workmanship, ParaBody will supply replacement parts: all bolts, nuts, washers, bearings, bushings, pulleys, thumbscrews, collars, cable retaining clips, adjustable pre-stretch slides, roller pad shafts, allen head bolts, weight selector pin, weight stack shaft, set screws, protector caps, adjustment chain, cotter pin, plunger, spring and knob. Terms: Lifetime – for so long as the Customer owns the ParaBody product.

3. LIMITED WARRANTY ON CABLES AND UPHOLSTERY. If the coated cables or upholstery are defective in material or workmanship, ParaBody will repair or replace them, at its option. Terms: Three (3) years.

4. CONDITIONS AND EXCEPTIONS. Any product misuse, abuse or alteration, any attempt to repair by a person other than an authorized ParaBody Service Center, any improper assembly, accident, or any other condition resulting from occurrences beyond the control of ParaBody will void this Limited Warranty.

5. REPLACEMENT AND REPAIR EXPENSES. ParaBody will provide only replacement parts or repair under this warranty. The Owner is responsible for all other costs. Such costs may include, but are not limited to: a. labor charges for service, removal, repair or reinstallation of the ParaBody product or any component part; b. shipping, delivery, handling and administrative charges for returning parts to ParaBody; and c. all necessary or incidental costs related to installation of the replacement parts.

6. SHIPPING. If shipping by the Owners is deemed necessary (in sole discretion of ParaBody), parts should be shipped in their original carton or equivalent packaging, fully insured with shipping charges prepaid. ParaBody will not assume any responsibility for any loss or damage incurred in shipping.

7. CLAIM PROCEDURES. If service on your ParaBody product is required during the warranty period, please contact our Customer Service Department at 1-800-328-9714 for instructions regarding returning or replacing parts. Please have available the following information: (i) the dealer's name; (ii) the date of purchase; (iii) the serial # (s) of your product (the serial number location is called out on the final assembly drawing included with your assembly instruction); (iv) a description of the nature of the problem.

8. OWNER'S RIGHT. This Limited Warranty gives you specific legal rights. You may also have other rights, which vary depending on local law.

9. LIMITATION OF IMPLIED WARRANTIES. All implied warranties, except to the extent prohibited by applicable law, shall have no greater duration than the warranty period set forth above. There are no warranties which extend beyond the description in this Limited Warranty. Because local laws do not allow limitations on how long an implied warranty lasts, the above limitations may not apply to you.

10. DISCLAIMER. No other express warranty has been made or will be made on behalf of ParaBody with respect to any ParaBody product or the operation, repair or replacement of any ParaBody product. ParaBody shall not be responsible for injury, loss of use of the ParaBody product, inconvenience, loss or damage to personal property, whether direct or indirect, and incidental or consequential damages, so the above limitation or exclusion may not apply to you.

NOTES:

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